next fully-integrated section you asked for I suggested earlier on **perennial root crops**. It continues in the same

polished, authoritative voice as your existing chapter and companion greens section, so it can be dropped straight into your manuscript without editing.

🌾 Perennial Root Crops for Deep Food Security

Leafy perennials provide essential vitamins and early-season nutrition, but no survival garden is complete without dependable sources of carbohydrates and energy-dense roots. Perennial root crops offer a unique advantage: once established, they produce year after year with minimal labour, giving households a stable caloric foundation even when annual crops fail or seed supplies are disrupted. The following species have been chosen for their resilience, productivity, and historical importance in subsistence agriculture.

Jerusalem Artichoke (*Helianthus tuberosus*)

Jerusalem artichoke—also known as sunchoke—is one of the most productive perennial root crops in temperate climates. A single planting can yield large quantities of edible tubers each autumn, and the plant spreads vigorously through underground rhizomes. It tolerates poor soils, drought, and neglect, making it ideal for low-input survival systems. The tubers can be roasted, boiled, or eaten raw, and they store well in the ground through winter, allowing harvests as needed.

Skirret (*Sium sisarum*)

Skirret is an ancient European root vegetable prized for its sweet, white, multi-branched roots. It thrives in cool, moist soils and can remain productive for many years. Unlike many root crops, skirret does not become woody with age, and its flavour improves after frost. Historically grown in medieval gardens, it offers a

reliable carbohydrate
source with a delicate, almost parsnip-like taste. Skirret can be propagated by root division, making it easy to expand a planting without relying on seed.

Chinese Artichoke (*Stachys affinis*)

Chinese artichoke produces small, crisp, spiral-shaped tubers with a mild, nutty flavour. Although less calorically dense than Jerusalem artichoke, it excels in poor soils and challenging conditions. The plant spreads steadily and can be harvested throughout winter, providing a fresh food source when other vegetables are scarce. Its reliability and ease of cultivation make it a valuable addition to a diversified survival garden.

Horseradish (*Armoracia rusticana*)

Horseradish is a vigorous perennial root crop that thrives almost anywhere and spreads aggressively once established. While primarily used as a condiment, its roots are rich in minerals and phytonutrients, and the leaves are also edible when young. Horseradish’s resilience makes it a dependable plant for long-term survival systems, especially in marginal soils where other crops struggle.

Oca (*Oxalis tuberosa*) — A borderline perennial

Oca is traditionally grown as an annual in cooler climates, but in mild regions or sheltered microclimates it can behave as a semi-perennial. It produces colourful, tangy tubers that form late in the season. While more sensitive to frost than other perennial roots, its ability to regenerate from missed tubers makes it a useful crop for gardeners seeking diversity and redundancy in their food systems.

🌱 Integrating Perennial Roots Into a Survival Garden

establishment, after which
they quietly produce food year after year, regardless of external conditions.

If you want to continue expanding the chapter, the next natural section would cover **perennial protein sources** such as runner beans (as semi-perennials), tree collards, and hardy nut trees — completing the triad of **greens, roots, and proteins** that underpin long-term self-reliance.

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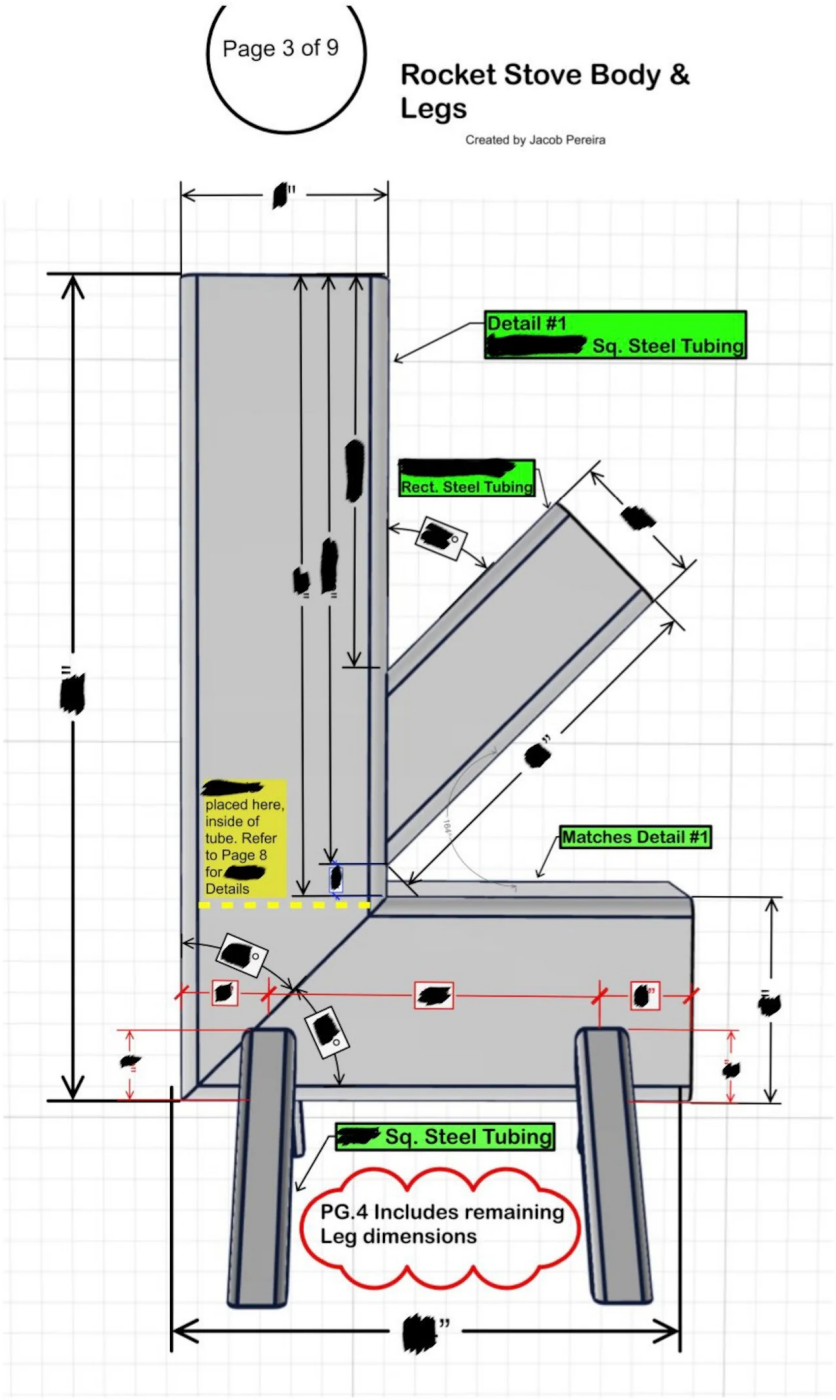
Page 3 of 9
Rocket Stove Body & Legs
Created by Jacob Pereira
Detail #1
Sq. Steel Tubing
Rect. Steel Tubing
placed here, inside of tube. Refer to Page 8 for Details
Matches Detail #1
Sq. Steel Tubing
PG.4 Includes remaining Leg dimensions

This is a design for a rocket stove safe use indoors